
體育部

Physical Education Unit

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體育部的宗旨是透過提供高質素及多元化之體育課程和各類體育活動之參與機會，提高主動參與體育活動及對各運動項目之熱誠，並鼓勵培養健康、積極及均衡之生活模式，以達致提升中大師生，以至社會人士之全人健康及體適能水平。體育部的主要工作範圍包括：提供必修及選修體育課程、推廣與籌辦各項校內體育活動、組織大學校隊訓練及參與校外體育活動，以及提供和管理運動設施。

The mission of the Physical Education Unit is to promote enthusiasm for and active participation in physical activities and sports by offering a variety of high quality courses, to provide a broad spectrum of opportunities for sports participation, to encourage a healthy, active, and balanced lifestyle, with the ultimate goal of enhancing the holistic health, fitness, and well-being of members of CUHK as well as those in the wider Hong Kong community. The major areas of work of the Unit include: to offer required and elective physical education courses, to promote and organise intra-university sporting activities, to manage and coach university sports teams for participation in external sporting activities, to provide and manage sports facilities.

梁鳳蓮 LEUNG Fung Lin Elean

體育部主任 Director, Physical Education Unit

香港中文大學新亞書院副院長 Associate Head of New Asia College

哲學博士 (香港中文大學)。香港行為健康學會創會會員，歐洲復甦協會香港教練會名譽顧問及教練訓練員，歐洲復甦協會自動體外心臟震器教練訓練員，中國香港體適能總會主考及講師，國際拯溺教練及裁判。大學體育必修課程講師。研究興趣包括以互聯網推動大學生體力活動的效能及於大學校園推動體力活動參與。

Doctor of Philosophy (CUHK). Founding Member of the Hong Kong Society of Behavioral Health, Honorary Advisor and Instructor Trainer of the European Resuscitation Council, Hong Kong Instructor Association, Automated External Defibrillation (AED) Instructor Trainer of the European Resuscitation Council, Examiner and lecturer of the Physical Fitness Association of Hong Kong, China, International Life

Saving Competition Coach and Referee. Lecturer of the University Required Physical Education Programme. Research interests include the efficacy of the Internet for physical activity promotion among university students and physical activity promotion on campus.

阮伯仁 YUEN Pak Yan

副主任 Assistant Director

體育學士、理學碩士(春田)。體育部課程小組召集人。曾任中學體育教師，為中學會考體育科教材(體適能部份)編寫組組員。現任中國香港體適能總會副主席、教育及培訓委員會主席及體適能導師訓練班講師、美國運動醫學會健康體適能教練；香港體育學院教練培訓課程導師、體適能導師聯會顧問、崇基學院男、女子游泳隊、乒乓球隊教練。任教體育必修及選修課程。

BPE, MS (Springfield). Convenor of Required and Elective P.E. Course. Previous positions: secondary school P.E. teacher, member of Working Groups (Physical Fitness Section) for Supporting Materials of the Hong Kong Certificate of Education Examination Physical Education Syllabus (Curriculum Development Council). Present posts: Vice-chairman of the Physical Fitness Association of Hong Kong, China, lecturer of Physical Fitness Instructor Courses and chairman of the Training and Education Committee in the Association, American College of Sports Medicine Health/Fitness Instructor, Hong Kong Sports Institute HKCAP Course Tutor, Advisor of Physical Fitness Instructors' Union, Chung Chi College Men's and Women's Swimming and Table Tennis Team Coach. Teaches Physical Education required and elective courses.

歐陽嘉謙 AU YEUNG Ka Hym Calvin

副講師 Assistant Lecturer

運動醫學理學碩士(中大)、運動及人體動力學學士(多倫多大學)。現任香港中文大學體育部副講師、協恩中學籃球隊體能教練。美國運動委員會、美國國家運動醫學會認可體能教練、美國運動委員會認可青少年體式能訓練員。曾任 AlphaStep 訓練基地總教練及課程總監、東方龍獅籃球隊體式能總教練、ClassicCal Fitness Ltd 創辦人及總教練。多倫多大學精英運動中心體式能教練、adidas 品牌大使及體能教練、加拿大女子籃球國家隊訓練員、多倫多大學女子籃球隊訓練員、香港全國中學籃球代表隊、香港亞洲中學籃球代表隊隊伍體能教練、加拿大美式足球聯盟選拔及發展團隊訓練員。曾代表香港在全國中學籃球比賽、香港亞洲中學籃球比賽作賽、香港欖球青年隊作賽。

MSc Sport Med (CUHK), BA Kin (UofT). Present Posts: Assistant Lecturer of PEU (CUHK), Strength and Conditioning Coach of Heep Yunn School Basketball Team. ACE, NASM Certified Fitness Trainer, ACE Certified Youth Fitness Specialist. Previous positions: Head Coach and Program Director at AlphaStep Fitness Foundry, Head Strength and Conditioning Coach of Eastern Long Lions Basketball Team, Founder and Head Coach of ClassicCal Fitness Ltd. Served as: Strength and Conditioning Coach at Goldring Centre for High Performing Sport (UofT), adidas Brand Ambassador and

Physical Fitness Instructor, Assistant Training Instructor for Canada Women's Basketball, Assistant Training Instructor for UoFT Women's Varsity Basketball Team, Fitness Coach for HKSSF Youth All China, All Asia Basketball Team, Drill Supervisor for Canadian Football League Draft Combine. Represented: Hong Kong in All China, All Asia Youth Basketball Tournaments (Team Captain), Hong Kong Rugby Youth Teams (Team Captain).

陳志明 CHAN Chi Ming

講師 Lecturer

教師證書 (葛量洪教育學院)、教育榮譽學士 (英國利物浦大學)、運動及健康科學理學碩士 (英國比利士托大學)、運動及康樂管理文學碩士 (澳洲維多利亞科技大學)。曾任中學體育主任、體育總會行政主任、第三屆、第四屆及第六屆「世界大學生壁球錦標賽」香港代表隊領隊及教練、大學水上活動中心監督、中國香港拍全能協會主席、新亞書院男子及女子田徑隊及划艇隊顧問。現任體育必修課壁球、乒乓球及壘球課程講師、大學男子及女子壁球隊教練、新亞書院排球隊及乒乓球隊顧問、知行樓舍監。熱愛長跑及拍類活動，尤其乒乓球、羽毛球、壁球及網球。

Diploma (Grantham College of Education), BEd(Hons)(Liverpool, UK), MSc in Exercise and Health Science (Bristol, UK) and MA in Sports and Recreation Management (VUT, AUS). Experience in serving PE department head in secondary school, sports administrator in National Sports Association, manager of University Water Sports Centre, and team manager and coach of the Hong Kong Delegation for The 3rd, 4th and 6th World University Squash Championships, Chairman of Racketlon Federation of Hong Kong, China, New Asia College Men's and Women's Athletic Team and Rowing Team advisor. Currently serving as Lecturer for PE Required Programme in Squash, Table Tennis and Softball courses, coach of the University Men's and Women's Squash Team, New Asia College Volleyball Team and Table Tennis Team advisor, Warden of Chih Hsing Hall. Keen on distance running and racket sports especially table tennis, badminton, squash, and tennis.

鄭毓全 CHENG Yuk Chuen

高級講師 Senior Lecturer

教育學士、教育碩士 (國立台灣師範大學)、教育碩士 (西澳洲大學)。環球水下探索者協會教練、二級洞穴潛水員、二級技術潛水員。潛水教練專業協會名士潛水員訓練官、第一危機反應教練 (心肺復甦術/急救/自動外接式去顫器)。國際技術潛水協會減壓程序課程教練。國際水肺潛水協會開放水域潛水教練。香港潛水總會註冊徒手潛水教練、開放水域水肺潛水教練。美國運動醫學會健康體適能教練、美國國家射藝會二級教練、歐洲復甦協會基本生命支援技術及自動體外心臟去纖維性顫動法教練。曾在香港、台灣和新加坡的中學任教。現任中國香港體適能總會執委和講

師。中文大學女子籃球隊教練，逸夫書院男子田徑隊，男子和女子籃球隊教練，任教體育必修課程。

BEd, MEd (National Taiwan Normal University) MEd (University of Western Australia). GUE (Global Underwater Explorers) Instructor, Cave diver 2, Technical diver 2, PADI (Professional Association of Diving Instructor) Master Scuba Diver Trainer, Emergency First Response Instructor (CPR/ First Aid/ AED), TDI (Technical Diving International) Decompression Procedure Instructor, SDI (Scuba Diving International) Open Water Instructor, Hong Kong Underwater Association Registered Skin Diving Instructor and Scuba Diving Instructor. American College of Sports Medicine Health/Fitness Instructor, National Archery Association of the United States level 2 Instructor, European Resuscitation Council Basic life support and automated external defibrillation Instructor; teacher in secondary school of Hong Kong, Taiwan and Singapore. Present Post: Executive Committee and Lecturer of the Physical Fitness Association of Hong Kong, China. Coach of CUHK Women's basketball Team, Shaw College Men's Athletics Team, Men's and Women's Basketball Team. Teaches Physical Education required courses.

張梓輝 CHEUNG Tsz Fai

副講師 Assistant Lecturer

價值教育文學碩士 (中大)、體育運動科學教育學士 (中大); 曾擔任中學體育科老師、香港中學文憑考試體育科籃球項目評核員; 亞洲大學生籃球錦標賽 2014 香港代表 (季軍)、前香港男子甲一組籃球聯賽代表、香港籃球總會註冊教練; 現擔任男子籃球隊教練、任教體育必修科課程 (籃球、手球及體能鍛煉)。

MA in values education (CUHK), BEd in sports science & physical education; Past experiences: P.E. teacher of secondary school, HKDSE P.E. (Basketball) examiner, representative of Asian University Men's Basketball Championship 2014 (2nd runner-up), Hong Kong Basketball League (Division1) player, registered coach of Hong Kong Basketball Association; Present posts: coach of men's basketball team, teaches P.E. required courses (basketball, handball & physical fitness).

張嘉儀 CHEUNG Ka Yee Crystal

講師 Lecturer

體育運動科學教育榮譽學士、哲學碩士、教育文憑 (中大)。曾任中學體育教師及香港弱智人士體育協會田徑教練。現任國際田聯一級田徑裁判、香港業餘田徑總會二級教練、香港中學文憑考試體育科 (體適能) 評核員、香港中文大學女子越野及田徑隊教練、聯合書院男女子田徑及乒乓球隊教練。任教體育必修課程。

BEd, MPhil, PGDE (CUHK). Past experiences: P.E. teacher of secondary school and Coach of Hong Kong Sports Association for the Mentally Handicapped. Present posts: IAAF Technical Official Level 1, HKAAA Coach Level 2, Assessor of Hong Kong DSE P.E. (Physical Fitness), Coach of CUHK Women's Cross Country and Athletics Team, United College Men's and Women's Athletics Team and Table Tennis Team. Teaches

required physical education courses.

張偉傑 CHEUNG Wai Kit

講師 Lecturer

教師證書 (葛量洪教育學院)、教育榮譽學士 (利物浦大學)、康樂及運動管理文學碩士 (澳洲維多利亞科技大學)、運動科學理學碩士 (港大)。香港籃球總會註冊教練(二級)、國際一級排球教練、美國射箭總會二級導師及 RPT 專業網球一級導師。曾任中學體育科主任、香港浸會大學體育導師、香港風帆訓練協會助教、中國香港拍全能協會副主席、2003 年世界大學生運動會香港籃球代表隊教練、2019 亞洲大學生三人籃球錦標賽香港籃球代表隊教練、香港學術及職業資歷評審局委任評審局專家。現任中大新亞書院體育部聯絡人、中大水上活動中心經理、中文大學男子籃球隊教練、中文大學男子網球隊協調員、新亞書院游泳隊教練、新亞書院划艇隊協調員、新亞書院志文樓舍監。主要任教科目包括：籃球、網球及乒乓球。

Teacher Certificate (Grantham College of Education), BEd (Hons) (Liverpool), MA in Recreation and Sports Management (Victoria University of Technology), MSc in Sports Science (HKU). Registered Coach (Level II) of HK Basketball Association; International Volleyball Coach (Level I); Archery Instructor (Level II) of National Archery Association and Tennis Instructor (Level I) of International Registry of Tennis Professionals. Served as P.E. Panel Master in secondary school; P.E. Instructor in Hong Kong Baptist University; Assistant Instructor of HK Sailing Training Association; Vice-chairman of Racketlon Federation of Hong Kong, China; Coach of Hong Kong Men's Basketball Team to the 2003 World University Games; Coach of Hong Kong Men's Basketball Team to the 2019 Asian University 3x3 Basketball Championship; Subject Specialist of Hong Kong Council for Accreditation of Academic and Vocational Qualifications. At present, Coordinator of New Asia College Physical Education Unit, Manager of CUHK Water Sports Centre, Coach of Men's Basketball Team of CUHK, Coordinator of Men's Tennis Team of CUHK, Coach of Swimming Team of New Asia College, Coordinator of Rowing Team of New Asia College, and Warden of Grace Tien Hall. Major teaching subjects include Basketball, Tennis and Table Tennis.

張昱傑 CHEUNG Yuk Kit

副講師 Assistant Lecturer

運動科學理學碩士 (香港中文大學)、體育及康樂管理(榮譽)文學士、教育文憑 (香港浸會大學)。曾任香港浸會大學持續教育學院助理講師。現任教體育必修課程。

MSc in Exercise Science (CUHK), BA(Hons) in Physical Education and Recreation Management, DipEd (HKBU). Had been assistant lecturer at Hong Kong Baptist University. Currently teaching Physical Education required courses.

蔡紹明 CHOI Siu Ming

副講師 Assistant Lecturer

哲學博士、哲學碩士、理學士 (香港中文大學) ; 美國運動醫學學院認可運動生理學家 ; 世界欖球總會二級十五人教練、一級七人教練、一級力量和體能訓練教練 ; 國際非撞式欖球聯盟初級教練 ; 香港手球總會一級教練 ; 香港投球總會基礎教練。現任香港中文大學體育部副講師、和聲書院北座舍監、男子欖球隊教練、體育運動科學系畢業同學會內務副主席。任教體育必修科目包括 : 體能鍛鍊、籃球、足球、手球。研究興趣包括 : 身體素養、競技運動教育模式、體育教育、體力活動、教學效能。

PhD, MPhil, BSc (CUHK); The American College of Sports Medicine Certified Exercise Physiologist®; World Rugby 15-a-side Level 2 Coach, 7-a-side Level 1 Coach, Strength and Conditioning Level 1 Coach; Federation of International Touch Introductory Coach; Handball Association of Hong Kong, China Level One Coach; Hong Kong Netball Association Foundation Coach. Current position at CUHK: Assistant Lecturer of Physical Education Unit; Warden of North Block, Lee Woo Sing College; Coach of Men's Rugby Team; Internal Vice-Chairman of SSPE Alumni Association. Course taught at present: Basketball; Handball; Physical Conditioning; Soccer. Research interest: Physical literacy; Sport Education; Physical education; Physical activity; Teaching efficacy.

何偉強 HO Wai Keung

講師 Lecturer

學生活動文學碩士、體育運動科學教育學士 (香港中文大學)、健康體適能專家 (ACSM)、香港體適能總會講師、跆拳道黑帶三段、香港跆拳道協會中級教練。曾任中學體育教師 ; 學界籃球裁判。現擔任跆拳道校隊教練。任教體育必修課程、及跆拳道選修課程。

MA(Student Activities, CUHK), BEd(SSPE, CUHK), Health Fitness Specialist of ACSM, Lecturer of HKPFA, Taekwondo Dan 3, HK Taekwondo Association Intermediate coach. Past Experience: Secondary School PE teacher, HKSSF Basketball Referee. Present Posts: Coach of CUHK Taekwondo Team. Teaches Physical Education required courses and Taekwondo elective course.

韓 雪 HON Suet Snowy

講師 Lecturer

哲學博士 (香港中文大學)、教育碩士 (中大)、體育碩士 (美國春田大學)、教育榮譽學士 (中大)。中文大學女子田徑及越野隊教練、崇基學院羽毛球隊、籃球隊及田

徑隊教練。任教體育必修與選修課程。

Doctor of Philosophy (CUHK), MEd (CUHK), MPE (Springfield College), BEd (CUHK). Coach of the University's Women Athletic and Cross-Country Teams, Coach of Chung Chi College Badminton Team, Basketball Team and Track and Field Team. Teaches University Required and Electives Physical Education Programme.

許嘉傑 HUI Ka Kit

講師 Lecturer

運動醫學及健康科學理學碩士 (香港中文大學)、體育運動科學教育學士(香港中文大學)。曾任職業訓練局講師、香港浸會大學持續進修學院導師、學體育科老師。香港籃球總會一級籃球教練、香港手球總會一級手球教練、香港田徑總會一級田徑裁判、香港體適能總會器械健體導師、香港體適能總會初級普拉提運動(Mat Work)指導員、香港體適能總會姿勢評估及矯健技巧指導員、英國環境衛生協會泳池及水療機構衛生及安全主任證書課程、香港拯溺總會拯溺銅章。

MSc (SMHS, CUHK), BEd (SSPE, CUHK).

Past experience: Lecturer of Vocational Training Council, Part-time instructor of Hong Kong Baptist University School of Continuing of Education, Secondary School PE teacher. Level 1 Basketball Coaches Course (Hong Kong Basketball Association), Level 1 Handball Coaches Course (Hong Kong handball Association), Technical Official Course(Level 1) (HKAAA), Resistance Training Instructor Certification (HKPFA), Elementary Pilates (Mat- Works) Practitioner (HKPFA), Postural Assessment and correction Practitioner (HKPFA), Pool Water Quality Control Certification Course (Chartered Institute of Environmental Health (CIEH), U.K), Immediate Care in Sport Course (Foundation) (HKECT & HKRFU), Bronze Medallion (Hong Kong Life Saving Society)

林建榮 LAM Kin Wing

講師 Lecturer

教育榮譽學士 (香港中文大學)、體育運動科學教育碩士 (香港中文大學)、教育文憑 (香港中文大學)。2004 全國大學生運動會香港足球代表隊教練。香港學界體育聯會足球裁判。香港排球總會一級排球教練。香港籃球總會裁判。美國射箭總會二級教練。香港籃球總會二級籃球教練。香港拯溺總會拯溺銅章。香港欖球總會帶式欖球教練。香港網球總會網球裁判。香港足球總會守門員教練。香港足球總會亞洲足協 C 級教練。中國香港手球總會一級手球教練。中國網球協會初級網球教練。香港網球總會小型網球導師。香港冰球訓練學校一級冰球領袖。香港閃避球總會指導員。香港欖球總會非撞式欖球教練。香港躲避盤總會指導員等證書。中國香港手球總會初級裁判。中國香港龍舟總會初級龍舟訓練證書。中國香港攀總一級運動攀登

訓練證書。曾任中學體育教師，任教體育必修科課程。現任中大男子足球隊教練及中大男子網球隊協調員、崇基男子足球隊、男子籃球隊及男女子網球隊教練、香港中文大學體育部校外體育活動小組組員。

BEd(CUHK), MEd (CUHK), DipEd(CUHK). Coach of men football team for 2004 All China University Game HK, HKSSF Football Referee, Level I coach for Hong Kong Volleyball Association (HKVA), HKBA Basketball Official, Level II Archery Coach for US Archery Association, Level II Coach for the Hong Kong Basketball Association (HKBA), Life Saving bronze medal for the Hong Kong Life Saving Society, Level 0 Tag Rugby Coach for Hong Kong Rugby Association, HKTA Tennis Umpire for Hong Kong Tennis Association, Goal Keeper Trainer for the Hong Kong Football Association, Asian Football Confederation Level C Coach, Level I Coach for Handball Association of Hong Kong, China, Elementary Tennis Coach for the China Tennis Association, Mini-tennis Instructor for Hong Kong Tennis Association. Youth Leader of Ice Hockey Level I instructor, Dodge Ball Level I instructor, Touch Rugby Level I Coach, Dodge bee Level I instructor, Elementary Handball referee for the Handball Association of Hong Kong, China, Elementary Dragon Boat Training Certificate for the Hong Kong China Dragon Boat Association, Level I Sports Climbing Certificate for the China Hong Kong Mountaineering and Climbing Union. Had been secondary school P.E. teacher, teaches Physical Education required courses. At Present, Coach of the CUHK Men Soccer Team and coordinator of the CUHK Men Tennis Team and Coach of the Chung Chi College Men Soccer, Men Basketball, Men and Women Tennis Teams, External Sports Activities Sub-Committee member of Physical Education Unit.

林昊鋒 LAM Ho Fung

講師 Lecturer

運動醫學及健康科學理學碩士、體育運動科學教育學士(香港中文大學)。前香港田徑獎學金運動員，曾任香港田徑隊教練、香港浸會大學體育系講師。現擔任香港中文大學男子田徑隊教練，任教體育必修課程。

MSc, Bed (CUHK). Former HKSI Scholarship Track & Field Athlete, had been Coach of Hong Kong Athletic Team, and served as Lecturer at Hong Kong Baptist University. Currently being Coach of CUHK Men's Athletic team, and teaching Physical Education required courses.

林國棠 LAM Kwok Tong

講師 Lecturer

教育學士(教育學院)、體康管理碩士(浸會大學)。曾任香港專業教育學院體育導師，香港理工大學助理體育主任；並曾兼任中國香港體育協會暨奧林匹克委員會講者、香港教育學院持續專業教育學院講師、香港大學專業進修學院客席講師及甲組球會流浪足球隊體能教練。現任香港運動教學會副主席，香港康樂管理協會永久會

員、擁有多項教練資格，包括亞洲足協 C 級教練、手球總會二級手球教練、健身球導師、壓力處理與鬆弛技巧導師及美國國家射藝會二級教練等。大專劍擊賽主委（2008-2012）及 2012 亞洲大學生羽毛球邀請賽秘書處委員。前香港手球隊成員，曾帶領香港理工大學男子手球隊奪得大專比賽四連冠及出席中國大學生手球錦標賽暨亞洲大學生手球邀請賽，2007 男子組第二及 2009 年男子組冠軍。積極參與體育運動義工活動，2008 年北京奧運香港馬術比賽義工及 2009 年東亞運動會義工領袖，2011 年世界大學生運動會開閉幕式工作人員。興趣包括足球、手球及戶外歷奇。現任香港中文大學男子手球隊教練，任教體育必修課程。曾獲獎項：香港中文大學教育學院模範教學獎（2014-2015）、中國香港手球總會傑出學界教練獎（2009-2010, 2011-2012）。

BEd (HKIED), M.SLM (HKBU). Past Experiences: Nelson LAM worked as Physical Education Instructor of Hong Kong Institute of Vocational Education and Assistant Officer of The Hong Kong Polytechnic University. He was also a Speaker of the Sports Federation & Olympic Committee of Hong Kong, China; Part Time Lecturer of School of Continuing and Professional Education (SCPE) of HKIED; Guest Speaker of School of Professional and Continuing Education (SPACE) of HKU and Physical Fitness & Conditioning Coach of the Hong Kong Rangers Football Club. He is currently the Vice-Chairman of the Hong Kong Sport Education Association and Life Member of the Hong Kong Recreation Management Association, “C” Licence Coaching Certificate of the Asian Football Confederation, Level II Handball Coach of Handball Association of Hong Kong, China, Exercise Ball Instructor Certification, Stress Management & Relaxation Instructor Certification and Level II Archery Instructor of National Archery Association. He served as a Convenor of the USFHK Fencing Competition (2008 – 2012) and member of secretary in 2012 Asian University Badminton Invitational Tournament. He was also a former Hong Kong Handball Team Member, his past coaching achievement included Champion of USFHK Men's handball competition for 4 consecutive years, All China University Handball Competition : 1st runner up at 2007, Champion at 2009. Nelson also actively involved in volunteer activities included Equestrian Volunteer at Hong Kong for 2008 Beijing Olympic, Volunteer Leader of 2009 East Asian Games, Supporting Staff of Opening & Closing Ceremony for the 2011 26th Summer Universiade. His interest includes soccer, handball and outdoor adventure. Mr. LAM is currently the coach of CUHK Men's Handball team. Teaches Physical Education required courses. Awards: Faculty Exemplary Teaching Award, The Chinese University of Hong Kong (2014-2015), Handball Association of Hong Kong, China Excellence Coach Award (2009 – 2010, 2011 – 2012).

劉國安 LAU Kwok On

講師 Lecturer

教育學士 (國立臺灣師範大學)、教育碩士 (曼徹斯特大學)、教育學博士 (武漢體育學院)。曾任中學體育教師、香港專業教育學院體育導師、嶺南大學助理體育主任和香港教育學院導師。現任香港中文大學女子網球隊教練、聯合書院運動隊教練及領隊 (游泳隊、網球隊及足球隊)。任教科目包括：游泳、網球、羽毛球、壘球和太極拳。學術研究範圍：體育教師教育。

Bachelor of Education (National Taiwan Normal University), Master of Education (University of Manchester), Doctor of Education (Wuhan Sports University). Previous positions: Physical Education Teacher of Secondary Schools, Physical Education Instructor of Hong Kong Institute of Vocational Education, Assistant Physical Education Officer of Lingnan University and Instructor of Hong Kong Institute of Education. Present posts: Coach of the Chinese University of Hong Kong Women's Tennis Team, Sport-Team Coaches and Managers of United College (Swimming Teams, Tennis Teams and Soccer Team). Teaching subjects include: Swimming, Tennis, Badminton, Softball and Tai Chi. Academic research interests: Physical Education Teacher Education.

李志良 LI Chi Leung

高級講師 Senior Lecturer

教育榮譽學士(香港大學)、電子計算學理學碩士(香港城市大學)。國際田徑總會一級教練、美國國家射藝會二級教練、香港排球總會教練、香港手球總會一級教練及初級裁判、香港業餘游泳總會裁判、香港游泳教師總會教師證書、香港拯溺總會教師證書、香港活木球總會一級教練、香港場地單車裁判資格(國家級裁判)。曾任中學教師、2004年(上海)及2007年(廣州)全中國大學生運動會香港游泳代表隊教練、香港大專體育協會：飛利浦香港大學生足球聯賽、女子足球賽、越野賽(2010-2015)項目主委、第48屆周年陸運會及2010-2011周年頒獎禮籌委會主席、第二屆亞洲大學生乒乓球錦標賽(2010)技術委員會成員、體育部體育發展小組召集人、校內體育活動小組成員、逸夫書院體育部聯絡人。現任體育部執行委員會委員、場地分配小組召集人、網絡管理人、逸夫書院體育及康樂委員會委員、中文大學女子游泳隊教練、逸夫書院男女子游泳隊、網球隊、足球隊及男子排球隊教練。任教體育必修及選修課。服務：香港游泳教師總會講師兼執行委員會成員。曾獲獎項：香港中文大學教育學院模範教學獎(2015-2016)、逸夫書院長期服務及貢獻獎(2013-2014)、香港大專體育協會十年長期服務獎(2010-2011)、逸夫書院最熱心老師獎(2009-2010)。

BEd(Hons)(HKU), MSc in Computing(CityU). International Assoc. of Athletics Federation Level 1 coaching Cert., National Archery Assoc. of US level 2 Instructor, HK Volleyball Assoc. coaching Cert., HK Handball Assoc. coaching and referee Cert.,

Swimming Official Cert. of HK Amateur Swimming Assoc., Cert. of HK Swimming Teachers' Assoc., Teacher Cert. of HK Life Saving Assoc., HK Woodball Assoc. Level I Coach, HK Track Cycling Commissaire(National Commissaire). Served as secondary school teacher, Coach of Swimming Team of HK Delegation in the 8th and 9th All China University Game 2004(Shanghai) and 2007(Guangzhou), convener of The University Sports Federation of Hong Kong, China (USFHK): Philips Hong Kong Universities Football League, women Soccer event, annual cross-country event(2010-2015). Chairman of the Organizing Committee of the 48th USFHK Annual Athletic Meet and 2010-2011 Annual Prize Presentation Ceremony, member of Technical Sub-Committee of the 2nd Asian University Table Tennis Championship(2010), convener of Sports Development Subcommittee of PE Unit, member of Intra-University Sports Activities Subcommittee of PE Unit, Coordinator of Shaw College PE Unit. Present posts: Executive Committee Member of PE Unit, convener of the Sports Venue Allocation Subcommittee of PE Unit, LAN Administrator, member of Shaw College Sports and Recreation Committee, coach of the CUHK Women's Swimming Team, coach of Shaw College Swimming Team, Tennis Team, Soccer Team and Men's Volleyball Team. Teaches Physical Education required and elective programme. Service: Tutor and executive committee member of the HK Swimming Teachers' Assoc. Awards: Faculty of Education, Exemplary Teaching Award, CUHK(2015-2016), Shaw College Long Service and Contribution Award (2013-2014), 10 Years Long Service Award, USFHK(2010-2011), Shaw College Most Dedicated Teacher Award (2009-2010).

李秀瑩 LI Sau Ying

講師 Lecturer

運動科學碩士(香港中文大學)、教育文憑、康樂及體育學(榮譽)學士(香港浸會大學)。曾任中學體育老師及香港專業教育學院體育導師。現任香港中文大學女子排球隊教練、逸夫書院院隊(羽毛球、乒乓球、女子排球、女子田徑等)教練。任教體育必修科及選修科。

MSc in Exercise Science (CUHK), PgDEd, BA(Hons) in Physical Education and Recreation Studies (HKBU). Past experiences: secondary schools P.E. teacher, P.E. Instructor of HKIVE. Coach of CUHK Women's Volleyball Team, Shaw College sports teams (Badminton, Table-tennis, Women Volleyball, Women Athletics etc.) coach. Teaches Physical Education required courses and elective course.

馬文心 MA Man Sum

副講師 Assistant lecturer

運動醫學及健康科學理學碩士(中大)、體育運動科學教育碩士及學士(中大)。香港精英空手道運動員(世界超級聯賽最高排名第四、亞洲賽三次季軍、東亞運銀牌、兩屆亞運代表)、空手道黑帶四段。現任香港中文大學逸夫書院校友會董事成員、香港中大體育運動科學系畢業同學會副主席、愛在這裏慈善協會創會成員、香港奧林匹克之友有限公司執行委員、港協暨奧委會運動員委員會委員、港協暨奧委會體育

節籌備委員會委員、中國香港空手道總會教練委員會非執行委員。曾兼任香港浸會大學持續進修學院講師、香港教練培訓委員會課程講師、2018年世界大學生空手道錦標賽香港代表隊領隊及教練、中大體育及運動科學系研究助理。資格：運動防護員、香港教練培訓委員會三級教練、中國香港空手道總會註冊教練及裁判、伸展導師、躲避盤指導員、閃避球指導員。現任體育部和聲書院聯絡人、空手道校隊教練、任教中大體育課程。研究興趣包括運動員的職涯與生活、體育老師專業與持續進修發展、體育素養等。

MSc (SMHS, CUHK), MEd & BEd (SSPE, CUHK). Hong Kong Elite Karatedo Athlete (Premier League World Top Ranking No.4, 3 times Asian Bronze Medalist, East Asian Games Silver Medalist & 2 times Asian Games Representative), Black Belt 4 Dan. Current Board of Director member in CUHK Shaw College Alumni Association, Vice chairman of CUHK SSPE alumni association, founder member of Tender Loving Care Charity Association Ltd., Hong Kong Olympic Fans Club Limited executive committee member, Sport Federation & Olympic Committee (SFOC) Athlete Committee Member, SFOC Festival of Sport Organizing Committee Member, Karatedo Federation of Hong Kong, China Ltd. (KFHKCL) Coaching Committee Non-executive Member. Served as Hong Kong Baptist University School of Continuing of Education part-time lecturer, Hong Kong Coaching Committee (HKCC) part-time lecturer, manager & coach in the World University Karatedo Championship 2018, CUHK SSPE research assistant. Qualification: Sport Trainer Level 2, HKCC Coaching Level 3, KFHKCL registered coach & judge, stretching instructor, Dodgebeetechnical instructor & dodgeball instructor. Current coordinator for Physical Education Unit Lee Woo Sing College, karate school team coach. Course taught at present: Physical Education Required Courses. Research Interest: athletes' career and lives, physical education teacher professionalism and continued professional development, physical literacy etc.

吳峻鴻 NG Chun Hung

副講師 Assistant Lecturer

運動醫學及健康科學理學碩士(香港中文大學)、教育學士(香港教育學院)。曾任中學體育教師、香港浸會大學二級講師。擁有多項教練資格包括彈網、花式跳繩、手球、田徑、閃避球、室內賽艇、健身等。現任中文大學男、女子羽毛球隊教練、新亞書院男子足球隊、男子田徑隊及男、女子羽毛球隊教練。任教體育必修課程。

MSc (CUHK), Bed (HKIEd). Previous positions: Physical Education Teacher of Secondary Schools, lecturer at Hong Kong Baptist University. Level I Coach of Trampoline, Rope Skipping, Handball, Athletics, Dodgeball, Indoor rowing and Resistance training Instructor. Present duty: Coach of the Men's and Ladies' Badminton Teams of CUHK; Coach of Men's Soccer Team, Men's Athletic Team, and Men's and Ladies Badminton Team of New Asia College. Currently teaching Physical Education required courses.

吳兆權 NG Siu Kuen

講師 Lecturer

教師證書 (羅富國教育學院)、一級榮譽教育學士、優異成績運動與營養科學碩士 (英國利物浦大學)、哲學博士 (英國赫爾大學)。健康體適能專家證書(美國運動醫學會)、肌力與體能訓練專家證書、私人健身教練證書 (美國國家肌力與體能協會)、阻力訓練指導員證書 (香港中國體適能協會)、中國香港賽艇協會三級教練、美國國家射藝會二級教練、香港壁球總會一級教練。「世界大學生壁球錦標賽」2006、2010 香港代表隊領隊兼教練。香港學術及職業資歷評審局委任評審局專家。現為香港中文大學男女子賽艇協調員、敬文書院體育部聯絡人、任教體育必修科目包括：游泳、壁球、網球及體能鍛鍊。

Teacher Certificate (Northcote College of Education), First class honour in BED (Liverpool, UK), Distinction in MSc (Liverpool, UK), PhD (University of Hull). Health Fitness Specialist (American College of Sports Medicine), Certified Personal Trainer (National Strength and Conditioning Association), Certified Strength and Conditioning Specialist (NSCA), Resistance Training Instructor (HKPFA), Level 3 Rowing Coach (Hong Kong, China Rowing Association), level 2 Instructor (National Archery Association of the United States), level 1 Squash Coach. Team manager cum coach of the Hong Kong Delegation for the World University Squash Championship 2006, 2010. Subject Specialist, Hong Kong Council for Accreditation of Academic and Vocational Qualifications, HKCAAVQ. Teaches required Physical Education courses: Swimming, Squash, Tennis and Physical Conditioning. Coordinator of CUHK Men and Women Rowing team, and PE co-ordinator of C.W.Chu College

孫莉 SUN Li

講師 Lecturer

哲學博士 (中大)、教育碩士 (北京體育大學)、教育學士 (山東體育學院)。曾與多間大學任教。美國射箭協會二級講師、全球啦啦隊員協會中國區教練。目前任教大學體育必修課。研究興趣為體力活動、體適能及基礎動作技能等

PhD (CUHK), MEd (Beijing Sports University), BEd (Shandong Sport University). Served as a PE lecturer in other universities. Level 2 instructor (USA Archery Association), Cheerleading Coach in China (Universal Cheerleaders Association). Currently teach required PE courses. Research interest: physical activity, physical fitness, and fundamental movement skills, and so on.

黃安東 WONG On Tung

講師 Lecturer

教育碩士、教育文憑、教育學士(香港中文大學)。曾擔任中學體育科主任、香港籃

球總會籃球青訓教練、參與「簡易急救」學校課程設計、香港專業教育院校外評卷員、香港聖約翰救傷會急救學講師。現擔任中國香港體適能總會講師及監考員、美國運動醫學會健康體適能教練、香港籃球總會教練、香港業餘田徑總會教練、香港手球總會教練、香港足球總會教練、香港排球總會教練、香港保齡球總會教練、香港中華基督教青年會營務導師、香港游泳教師總會游泳教師、2009 年第 25 屆世界大學生運動會(塞爾維亞)男子排球隊教練、2017 年第 29 屆世界大學生運動會(台北)男子排球隊領隊。校內體育活動小組召集人、大學體育必修課程講師、香港中文大學男子排球隊教練、聯合書院排球隊、網球及划艇隊教練、聯合書院恒生樓舍監、聯合書院體育部聯絡人。任教體育必修課程。

MEd, PGDE, BEd (CUHK). Past Experiences: Chairman of Secondary School P.E. Panel, Youth Training Coach of the Hong Kong Basketball Association, Designer of “Basic First Aid” School-based Curriculum, External Examiner of the Hong Kong Institute of Vocational Education (IVE), First Aid Lecturer of the Hong Kong St. John Ambulance Association. Present Posts: Lecturer and Examiner of the Physical Fitness Association of Hong Kong, China, American College of Sports Medicine Health/Fitness Instructor , Coach of the Hong Kong Basketball Association, Coach of the Hong Kong Amateur Athletics Association, Coach of the Hong Kong Handball Association, Instructor of the Hong Kong Football Association, Coach of the Volleyball Association of Hong Kong, China, Coach of the Hong Kong Tenpin Bowling Congress Limited, Camp Counselor of the Young Men’s Christian Association, Coach of Hong Kong Swimming Teachers’ Association, Coach of the 25th Summer Universiade Hong Kong Men’s Volleyball Team, Manager of Taipei 2017 29th Summer Universiade Hong Kong Men’s Volleyball Team. Convenor of the Intra-University Sports Activities Subcommittee of the Physical Education Unit, Lecturer of the University Required Physical Education Programme, Coach of CUHK Men’s Volleyball Team, United College Volleyball Team and Rowing Team, Warden of Hang Seng Hall, United College, Coordinator of PE Unit, United College. Teaches Physical Education required courses.

胡達昌 WU Tat Cheung

講師 Lecturer

康樂管理科學碩士 (春田)、哲學碩士 (香港浸會大學)。曾任春田大學男、女子游泳隊助教、香港特殊人士體育協會游泳總教練、香港浸會大學體育系講師。任教體育科目包括游泳、乒乓球、排球、壘球、體段。擔任中大男子游泳隊教練、中大劍擊隊協調員、與及協調善衡書院體育活動和組織院隊。

MSc in Recreation Management (Springfield College), MPhil (HKBU). Past experience: Assistant Coach, Men's and Women's Swimming Team, Springfield College, Head Swimming Coach, Hong Kong Sports Association for the Mentally Handicapped, Lecturer at Hong Kong Baptist University. Teaching subjects include swimming, table tennis, volleyball, softball, and physical conditioning. Coach on CUHK Men's Swimming Team, coordinator for CUHK Fencing Team, and also coordinate S.H. Ho College sports activities.